

## **CITY OF KINGSTON PARKS & RECREATION**

### **ADULT/SENIOR PROGRAMS & ACTIVITIES**

OPEN TO ALL CITY & SURROUNDING AREA RESIDENTS  
ALL PROGRAMS (*UNLESS SPECIFIED ELSEWHERE*) ARE HELD AT  
ANDY MURPHY (MIDTOWN) NEIGHBORHOOD CENTER  
467 BROADWAY- KINGSTON  
No Fee For Program Unless Specified

#### **MONDAYS**

EXERCISE CLASS – 9:30 am- 10:45 am  
CERAMICS - 10 am -12noon- 10 Weeks registration on going  
\$30-City Residents, \$40 –Non Residents- begins Sept. 15-Dec 15<sup>th</sup>  
KINGSTON HOME CRAFTER'S 12:30-3pm in Senior's Lounge at Midtown Center  
(Knitting/Crocheting) Beginners Welcomed!

#### **TUESDAYS**

CERAMICS-10 am -12 noon – 14 Weeks (registration on going)  
\$30-City Residents, \$40-Non Residents – begins Sept 16- Dec 16<sup>th</sup>  
NATURE HIKES- Tuesdays- Sept. 23<sup>rd</sup>, Oct 14<sup>th</sup>, 28<sup>th</sup>, Nov. 18<sup>th</sup>  
Meet at 9:00 am at the Forsyth Nature Center-Call 481-7332 or 481-7336 for more info  
Jewelry class/Beads–bring your own and/or share ours-12:30-2pm

#### **WEDNESDAYS**

LINE DANCING – Beginners 9:30-10 am – Intermediate 10-11:00 am  
CARD GAMES (Crazy Canasta) 12:30-3pm- in Seniors Lounge-Beginners welcomed!

#### **THURSDAYS**

BINGO – 12:30-3pm –in Senior's Lounge at Midtown Center

#### **FRIDAYS**

Exercise Class – 9:30 am-10:45 am  
Crafts- Share and learn new crafts -1:00-3:00 pm

#### **Volunteers Wanted For Intergenerational Programs**

Adult/Seniors assist with crafts & cooking  
Read to preschool children at our "Book Worms" Program  
**For More Info - Call Pat Johnson- Rec. Leader at 845-481-7332**

#### **UPCOMING EVENTS**

Friday, Oct. 10<sup>th</sup> -Volunteers wanted -help make Apple Pies & Apple Crisp for the  
"FFNC Fall Festival"  
Community Senior Dinner Dance-Oct 30<sup>th</sup>-4:30pm- Andy Murphy Mid-town Neighborhood Ctr.  
\$3 per person or \$5 per couple –For reservations call 338-8750 ext. 100  
**Holiday Cookie Swap and Senior Holiday Light Tour –Date TBA in November**

